

ORIGINAL ARTICLE

The Role of Family Against Children's Anxiety After Disaster of Kelud Eruptions

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ABSTRACT

Introduction: Children are greatly affected by disasters and are more likely to be anxious than other groups of people. In a disaster, children experience simultaneous and ongoing disruptions in their families, schooling, health, friendship, and other critical areas of their lives. However, the role of the family is needed to prevent those problems. **Objectives:** The objective of this study was to describe the role of the family against children's anxiety children after the disaster of Kelud volcano. **Methods:** A cross-sectional study was used in this study. A purposive sampling method was used to determine families with children who have experienced anxiety in Sugih Waras village, Kediri, as the samples. The questionnaire on the family's role and attitude towards children with anxiety was distributed to respondents, then analyzed descriptively - the result presented in the frequency and percentage. **Results:** Twenty-seven families were recruited in this study. The result showed that 81,5% of families have somewhat minor roles, and only 18,5% of families have promising roles in preventing the children's anxiety after the Kelud volcano disaster. **Conclusions:** Most respondents related that the role in preventing children who experienced anxiety after the Kelud volcano disaster was still low. So, knowledge and understanding of the family role to prevent anxiety in children are necessary.

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Introduction

Indonesia is an archipelagic country geographically located at the confluence of four tectonic plates: the Asian continental plate, the Australian continent, the Indian Ocean, and the Pacific Ocean. In addition, there is a volcanic arc (volcanic arc) in the southern and eastern parts of Indonesia that extend from the islands of Sumatra-Java-Nusa Tenggara-Sulawesi, the sides of which are volcanic mountains (Munandar & Shanti Wardaningsih, 2018). This condition can be prone to natural disasters such as volcanic eruptions, earthquakes, tsunamis, floods, and landslides (Alzahrani & Kyratsis, 2017). Natural disasters are extraordinary events that can cause extraordinary suffering for those who experience them. These will cause injuries and psychological or psychological impacts such as anxiety, neurosis, and depression (Chopra & Venkatesh, 2015), especially in children (Indarti & Sukmanasa, Elly; Laihada, 2017).

Children are most vulnerable to disasters (tsunami, earthquake, flood, landslide, kidnapping). Some do not understand the various disasters that may interfere with their lives (Indarti & Sukmanasa, Elly; Laihada, 2017). Even though they understand some of the others, their ability to save themselves is still low (Indarti & Sukmanasa, Elly; Laihada, 2017). Research conducted in post-tsunami Aceh shows that children have experienced a high level of trauma events, with 65% having symptoms of depression, 35% of post-traumatic stress disorder (PTSD), and 69% of anxiety symptoms (Good et al., 2015).

Post-traumatic anxiety disorder can occur in children who have been exposed to traumatic experiences. This condition is due to changes in their brains' working system, which are still

permanent, and their coping skills are not sufficiently developed to cope with disaster events (Sumiatun, 2014). Thus, the role of the family is essential in overcoming these problems.

The role of the family in handling anxiety in children is significant because the role of the family is enormous in helping children be ready to face various problems, especially disasters (Febriana & Mulyono, 2020). The family is the closest person to the child. By maximizing its role, a family will become a strong fortress for family members from various problems that may arise from their environment and social environment (Eshete, A., & Shewasinad, 2020). However, in reality, the role of the family is still low in overcoming anxiety in post-traumatic children during a disaster.

Research shows that the role of the family is critical in helping children overcome the anxiety they experience because the family is the closest support system for children. Inviting children to communicate and listen to complaints is one way to free them from feeling pressured and burdened by traumatic situations that have occurred (Febriana & Mulyono, 2020). In addition, the family influences children's cognitive, social, and emotional development. Families usually have the opportunity to communicate with their children every day, so they are considered the most critical and influential formative role players in their child's development (Eshete, A., & Shewasinad, 2020). However, families, especially parents, still find it challenging to communicate with their children, which causes the role of a family to be less than optimal.

Method

This study used a cross-sectional design. The survey-taking technique used was purposive sampling according to the inclusion criteria, namely families whose children have been screened for anxiety tests using the Hamilton Anxiety Rating Scale (HARS) (Hafifah & Diani, 2020) and families who have children with post-mountain disaster anxiety. Kelud in the village of Sugih Waras. The sampling technique in this study was purposive sampling with 27 families having children with anxiety from 217 families after screening an anxiety test.

This study used a Linkert and Gutman scale questionnaire about the role of families in children's anxiety after the Mount Kelud disaster consisting of 15 questions (Palar et al., 2018). The questionnaire has been tested for validity and reliability with a Cronbach alpha value of 0.917. Researchers conducted data collection in June-July 2020. Univariate analysis in frequency distribution and the percentage was used in this study. The Health Research Ethics Commission of the Health Polytechnic of the Ministry of Health of Malang has approved this research with Reg. No.: 491/KEPK-POLKESMA/2020.

Results and Discussion

A total of 27 families who have children with anxiety after Mount Kelud in the village of Sugih Waras Kediri participated in this study. Based on Table 1, most women have as many as 15 respondents (55.6%). This situation is because at the time of data collection during the day, the family is a woman. After all, on average, women do not work while men work during the day. Gender is a physical and mental characteristic that separates men and women (Hafifah & Diani, 2020). The research explained that women experience anxiety more because women experience more mental tension than men (Lebowitz, 2017). This situation occurs because women are described as gentle, emotional, and motherly creatures (Hafifah & Diani, 2020). Based on this experience, a mother is expected to prevent the anxiety experienced by children after a disaster.

The majority of respondents aged 25-40 years were 19 (70.4%). In addition, most of the respondents have the status of mothers as many as 15 respondents (55.6%). This condition occurs because the father as the leader of the family has a role as a breadwinner, protector, or protector, giving a sense of security to each family member (Meuwissen, A. S., & Carlson, 2018), so only the mother is at home during the day. The father's role as the head of the family is often focused on trying to meet all the family's needs, especially financially, without having much opportunity to interact with children (Stassart et al., 2017). Meanwhile, mothers have more free time or opportunities to pay attention to their children and follow their children's development because

basically, their roles are as housekeepers, caregivers and educators of children, and protectors of the family. Thus, the role of mothers is needed in the family; for instance, inviting children to communicate anxiety experienced by children after a disaster can be reduced or even prevented.

Table 1. Frequency Distribution of Socio-Demographic Characteristics of Families with Children with Anxiety (n=27)

Variable	Frequency	Percentage (%)
Gender		
Male	12	44,4
Female	15	55,6
Age		
25-40	19	70,4
41-60	8	29,6
Status in Family		
Father	12	44,4
Mother	15	55,6
Education		
Elementary School	7	25,9
Junior High School	14	51,8
Senior High School	6	22,2
Knowledge of family roles		
Yes	0	0
No	27	100

As the head of the family, the father's role is often lacking in the family because he is more focused on earning a living. However, it depends on the extent to which a father sees his important role and then decides to get involved (Dette-Hagenmeyer et al., 2014). Thus, the role of the mother is essential which naturally, a mother will be actively involved in the child. The more frequent interactions with children, the better the sensitivity and role have given when children experience anxiety (Lebowitz, 2017).

The results also showed that the education level of most of the respondents was junior high school by 51.8%. The respondent's education is classified as low education, which will affect the individual's coping (Dil Farzana et al., 2017). Parental education is one of the influencing factors in providing education to children because the high level of education owned by parents is one of the supporters of the breadth of knowledge possessed by parents (Notoatmodjo, 2012).

Education affects the learning process. The higher a person's education, the easier it is to receive information. With high education, knowledge is getting wider (Notoatmodjo, 2012). This situation follows the study results, which showed that 100% of respondents did not know about the role of the family in overcoming anxiety in children after the Mount Kelud disaster. Thus, parents who have higher education will play an active role in seeking information and tend to be more active in communicating something that is needed by their children so that the behavior and efforts of families in dealing with children's anxiety become good.

Table 2. Frequency Distribution of Family Roles in Child Anxiety Post-Mount Kelud Disaster (n = 27)

Family Role	Frequency	Percentage (%)
Good	5	18,5
Not Good	22	81,5

Based on Table 2, most respondents have a minor role in children who experience anxiety after the Mount Kelud disaster by 81.5%. The results of this study are in line with previous research, which states that the factor that influences the role of the family is the way the family

responds to disasters. Lack of understanding from the family about the disaster that occurred and the behavior of each different family member in dealing with their child's anxiety (Rapee, 2012). If the way of responding to children's anxiety after a disaster and their understanding of how to handle it is good, the anxiety experienced by children will decrease.

Research shows that anxiety arises from an inability to relate interpersonally and due to rejection (Stasiak et al., 2018). Anxiety can be felt by individuals when they have sensitivity to the environment. The presence of trauma such as separation from the closest person or a traumatic disaster can cause anxiety in individuals (Stasiak et al., 2018). Children's reactions to disasters are strongly influenced by the reactions of families or other adults in responding to disasters and understanding from parents to children about disasters that occur (Cobham et al., 2016). This situation happens because after a disaster occurs, children will still feel that there is danger, and children assume that the disaster that occurs is a punishment for the mistakes they have made or what they think (Heni, 2012).

Interactions that often occur between family members and children will lead to intimacy in the family (Septyasih et al., 2014). This condition also makes a child open to parents, and having communication can be two-way, and all problems can be solved together because of the closeness and trust between parents and children. The role of family members is significant for children because children respond to disasters through the way families respond to disasters (Indriasari, 2018). Thus, the more often family members interact with their children, the role of the family in dealing with post-disaster children's anxiety will increase.

Table 3 Description of status in the family with the role of the family on children's anxiety (n = 27)

Status in the family	Category Role				Total		P-value
	Good		Not Good		n	%	
	n	%	n	%			
Father	0	0	12	44,4	12	44,4	0,000
Mother	5	18,5	10	37,1	15	55,6	
Total	5	18,5	22	81,5	27	100	

Based on the results of the study, it was found that 44.4% of the respondents had a fatherly relationship did not play a good role, as well as respondents who had a motherly relationship, 37% did not play a good role in overcoming anxiety in children after the Kelud mountain disaster (Alzahrani & Kyratsis, 2017). However, only 18.5% of respondents have a good relationship as a mother, with a total of 5 respondents. This situation happens because the father's role as head of the family is often focused on meeting all family needs, especially finances, without having many opportunities to interact with children. The father also acts as a protector or protector, giving a sense of security for every family member who must also be considered (Sapti, 2019).

Research showed that fathers who are directly involved could positively impact children's development, such as children's emotional, social, and cognitive development (Meuwissen, A. S., & Carlson, 2018). In addition, children who get their father's attention will look more confident, think critically, and are independent and brave (Easterbrooks, M., Raskin, M., & McBrian, 2014). On the other hand, children who get less attention from their fathers look less cheerful, insecure, often aloof, and not independent, which makes children tend to be anxious when they get a disaster, such as a disaster (Easterbrooks, M., Raskin, M., & McBrian, 2014). The regular and active role of fathers can positively impact and reduce behavioral problems in children. In addition, children show a better ability to take the initiative have more self-control (Lebowitz, 2017). Thus, the role of fathers in the family contributes a lot to the development of children in dealing with problems, especially disasters.

Conclusions

This study concluded that the role of the family towards anxiety in children in the village of Sugih Waras, Kediri, after the Mount Kelud disaster, which the role of the family is not good. Reinforcing factors that affect the role of the family are education, understanding and information, family relationships, and position in the family. In terms of position as a father who is directly and actively involved in child care, it positively impacts children's emotional, social, and cognitive development. Parents must realize the importance of raising children together to form a better child's character, especially in dealing with disasters.

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